

LIFECRAFT ANNUAL REVIEW 2022/23

A WORD FROM THE CHAIR

Lifecraft, as this annual report shows, goes from strength to strength. Four years ago when I took over as Chair of Trustees we faced large financial problems and questions about how we could carry on. This last financial year our income stream is nearly double 2018/9, and this is because of the continuing success of Lifeline and our growth in services, for example in opening weekly in Ely and strengthening suicide bereavement services across our region. Lifecraft will continue to stay flexible and responsive to the needs and opportunities which arise in different parts of the region, and deliver services where they are needed most.

Since the last annual report, quite a lot has happened for me as well as Lifecraft! In January this year I moved to Scotland and so sadly I am leaving my role as Lifecraft Trustee, and this is my last report for a Lifecraft AGM. I continued as Chair of Trustees throughout this year whilst we recruited my replacement, which we did in late Spring when Fiona Kerr joined the trustee team. She has been getting involved in Lifecraft work and functioning – and some of you may have met her at the Lifecraft 30th Birthday celebration event in early September this year.

I feel sure Fiona will find it as rewarding as I have to be the Chair of Trustees for Lifecraft. In times of change there will always be challenges to face and issues to address, but for any organisation it is the people who belong to it who make it what it is. Lifecraft has a wonderful staff and volunteer team, who are dedicated, caring and resourceful, and a strong and committed trustee team who have so often gone that extra mile to keep everything secure and progressing.

Most of all though, we are a user-led organisation with Lifecraft members at the heart of it, making significant and valuable contributions at every level of the work we do. In the new Lifecraft Strategy staff, trustees and members produced a vision statement which encapsulates our shared goal: ‘a society where people with mental health difficulties receive the support they need, where they are at the centre of service and support design and delivery, and where there is no stigma or discrimination attached to mental health issues of illness’. I have every confidence that Lifecraft will continue to lead the way towards this goal, and to demonstrate what it can look like.

Troy Cooper, Chair of Board of Trustees

IMPACT REPORT

Compared to the previous couple of years, this was a relatively 'normal' one and allowed us to spend time making sure that the charity is fit for purpose, developing our already excellent services and introducing additional services to better support people at times when they need it. As always, our focus has firmly remained on promoting self-help for mental health and supporting local people who are struggling with their mental health.

We hope that the information in this impact report clearly demonstrates the breadth of support we have given, how we're working with other organisations and the opportunities that we are continuing to develop.

"Lifecraft has really helped me over the years, to rebuild my mental health and confidence. I honestly think that without the support of Lifecraft I wouldn't still be here. It's a great place, with great supportive people who look after each other and simply just care."

Melissa

As always, we greatly appreciate the time that our volunteers freely give, the dedication and commitment of our staff and the donations we receive from generous people, businesses and trusts. The support we receive from our statutory and voluntary sector partners continues to be substantial and they also help us to make the best use of all our resources for those living in Cambridgeshire and Peterborough. Thank you to everyone who continues to support us so we can continue doing the amazing work we do.

Overview of the Year

April

- Launched new five-year strategy

May

- Bowling fun at Tenpin in Cambridge
- NEW s136 follow-up service began supporting people
- Expansion of the Suicide Bereavement Support Service with the appointment of a second Liaison Worker

June

- Our first Expressive Writing Course in partnership with the Royal Literary Society
- Fun, games and cake at our Platinum Jubilee Fun Day

July

- Paddling, fairground rides and ice-creams in Clacton
- Relaunch of our employment and volunteering service

August

- Awarded the countywide contract for delivering suicide bereavement counselling

September

- Launched Lifecraft in Ely with drop-in afternoons

November

- Our Annual General Meetings

December

- Doors open and lots of fun at Mill Road Winter Fair
- Christmas karaoke, festive food and games

January

- All Lifecraft assets transferred from the 'old' Lifecraft charity to the 'new' Lifecraft charity
- Suicide Bereavement Counselling Service began supporting clients
- Our Crisis and Support Helplines Manager won Employee of the Year at the National Helpline Awards 2022

February

- Ely hours extended to include morning groups as well as afternoon drop-ins
- Afternoon tea for staff and volunteers to say thank you for their dedication and hard work

March

- Staff Support Line and webchat contract ended

Value of Volunteering

Across the charity, we had 68 wonderful people volunteer for us during the year. Together, the volunteers generously gave us 4,296 hours of volunteering, which equates to a monetary value of approximately £51,232¹. Whilst this is one way to demonstrate the value of Lifecraft's volunteers to our local mental health system, we know that the skills and experiences that these individuals bring are also vast.

¹ www.volunteerscotland.net/wp-content/uploads/2023/02/Calculating-the-economic-value-of-your-volunteers-Guidance.pdf

Membership Services

As part of the move to becoming a Charitable Incorporated Organisation, all members wanting to remain as members of Lifecraft needed to re-register with us. We made the process as straightforward as possible and supported anyone who needed our help. The number of active members has remained steady and we continue to receive multiple new membership applications on a weekly basis.

**“Lifecraft really is an encouragement to me. It’s my safe haven.
Now I have a social life that I can look forward to.”**

Melody

One of our strategic priorities is to strengthen our membership offer. Our programme of groups and activities continue to be led by what our members feel would be useful to them, and through utilising research into what works. During the year we hosted a variety of social activities, groups and courses. Some of the groups are run on an ongoing basis and others are run on a short-term basis.

Here's a snapshot of information about our membership from the year:

- 42 new members
- 279 group or activity sessions held
- 108 members attended at least one group session
- Members from all districts in the area, including an increase in members from East Cambridgeshire
- Average of seven to ten people attending each of our regular ongoing groups each week

mindfulness
art
writing
singing
body-mind
craft
resilience
pilates
boxercise
meditation

The biggest change to our membership services was the introduction of in-person groups, activities and counselling in Ely. We are delighted by the way the drop-ins and more structured groups have been received by people in the area and it’s been wonderful to see the impact we have already started to have on the lives of those who have found us. While we are currently only open in Ely one day per week, we have already had to move venues to accommodate the number of people attending and our membership figures are showing a significant increase in members from outside the Cambridge area. We had 18 unique people access our Ely groups and activities, with an average of seven people a week at the drop-ins.

“When Lifecraft started in Ely, I decided to give it a try. I’ve never been a group person and, in fact, I would actively avoid them. However, it’s turned out to be a lifeline for me - I’ve actually made friends who I look forward to seeing every week. I’ve gone from a very solitary and isolated person, to someone who can go to a safe place, learn new things in a supportive

environment and am the most sociable I've been for 20 years or so."

Joanne

The groups wouldn't be possible without the support of the members who volunteer or engage in short-term paid employment at Lifecraft. However, our Member Employee Scheme isn't just about enabling the groups – it's main aim is to help members grow in confidence and gain new skills.

- Nine member employees or volunteers working for us via the member employee scheme.
- Average of 2.2 work hours per week provided by each member employee or volunteer.

Counselling Service

We have continued to offer up to two years of counselling to our members, providing additional support alongside our groups and activities. Most sessions are being delivered in-person, however, we are still able to offer online or telephone sessions where this is most beneficial. Priority is usually given to members who regularly attend other Lifecraft groups and activities, which are designed to support them and help them to better support themselves, but we understand that this isn't always possible. We are pleased to now be able to offer in-person sessions in Ely as well as Cambridge.

- 12 clients entering treatment
- 35 members on waiting list
- 13 assessments carried out
- 40 members supported during the year
- 87% available appointments attended
- 18 members completing treatment
- 9 new counsellors trained

Employment and Volunteering Support

In addition to the nine members who worked for us through our Member Employment and Volunteering Scheme, we re-established our Careers and Employment Service during the year. The service is open to anyone living in Cambridgeshire who is 18+ and is struggling to gain employment or remain in employment due to struggles with their mental health. Through 1-2-1 coaching, training and both employment and mental health support, we help people get to the point where they have the confidence to work or volunteer and have the skills and knowledge to be able to stay in the role. Our support is tailored to the needs of the individual.

Since relaunching in July, we had:

- 27 referrals.
- Helped nine people into work or start a new job and one person into volunteering (37% of referrals).
- Supported another six people to move towards their employment goals.

Referrals into the service came from a variety of channels: self-referral (6), CPFTs Individual Placement and Support Service (6), Lifecraft (5), Red Balloon in

the Air (4), primary care (3) and other (3). The average age of those referred to the service was 36.

Helpline Services

We had another successful year of juggling commitments and conjuring workable rotas to enable Lifeline to continue to operate 12 hours a day, every day during the year. We also managed to introduce a further call-back service, supporting people who are discharged following detainment under s136 of the Mental Health Act. It was great to work with our colleagues from the Integrated Care Board, Cambridgeshire and Peterborough Foundation Trust, Cambridgeshire County Council and SUN Network to make this a reality.

The number of calls taken by Lifeline increased by an astonishing 38% on the previous year, which was already a 4% increase on the year before. Including the call-back services, this was 12,383 calls made and received.

As with the previous few years, most calls to Lifeline were from people living in Cambridge or Peterborough. We have continued to promote the line across the whole county and have seen an upward trend in calls from Peterborough, Huntingdonshire and South Cambridgeshire. Adversely, we have seen a downward trend in calls from Fenland and Cambridge. Call numbers from East Cambridgeshire remain fairly stable. We will use these figures to help us target our geographical marketing of the service.

Unfortunately, after a year and ten months of delivering the dedicated health and care support line, including a webchat service, we were given notice that the Integrated Care Board didn't have the funds to continue the service after 31 March 2023. It was a honour to be able to support our health and care workers in this dedicated way and we will continue to support those who are eligible via Lifeline.

Lifeline

- 8,749 total calls taken
- 710 people calling the line for the first time
- 18 new volunteers trained
- 2,904 hours given by volunteers
- 4,015 number of opening hours
- Top reasons for calling: Anxiety 14% (1,223) / Isolation 19% (1,668) / Distress 7.6% (667) / Depression 6.7% (585)

Health and Care Support Line

- 280 cases
- 46.8 hours of support provided
- 40% worked in critical care during pandemic
- 67 NHS call-backs booked
- Top reasons for calling: Information (116) / Relationship issues (35) / Anxiety (54)
- Calls from a wide variety of health and care organisations

Health and Care Proactive Calls

- 11 cases
- Approximately two hours of support provided

Sanctuary Aftercare Service

- 1,349 referrals into the service
- 877 unique people supported
- Over 329 hours of support given
- 1,129 signposts made
- 12 safety plans updated
- 70 safety plans created

Missing from Home Service

- 74 referrals into the service
- 48 cases (46 people)
- Over 20 hours of support provided

S136 Follow-up Service

- 51 referrals into the service
- 38 people supported
- Over 22 hours of support given

Suicide Bereavement Support Service

Our suicide bereavement services have grown significantly over the past year, meaning that we've been able to increase the amount and type of support available to those bereaved by suspected suicide. We are now supporting more people and supporting them for longer, which has been important because the time between the death and the inquest has become longer.

As well as doubling our specialist emotional and practical support, we have been working to reintroduce our peer support groups and have established a new suicide bereavement counselling service that provides up to 14 sessions of free therapy. This has all been possible thanks to additional public sector contract funding.

- Average of 60 people actively supported each month
- 110 individuals supported during the year
- 83 referrals into the service
- 88 new clients supported
- 1,344 contacts with clients
- Approximately 380 hours of support provided
- Relationship to deceased (% of those actively supported over the year):
 - o 26 people (24%) spouse or partner,
 - o 18 people (16%) child (adult children),
 - o 32 people (29%) parent,
 - o 17 people (15%) sibling,
 - o 6 people (5%) friend,
 - o 3 people (3%) former partner,
 - o 8 people (7%) other or unknown
- 9 clients receiving specialist counselling (January-March)
- 59 hours of counselling provided (January-March)

Looking Ahead

Over the coming year, we are hoping to be able to continue delivering all the services we are currently providing, whilst also enabling more in-person support at locations across the county. There is definitely a lot of demand for our services and this will give people more choice about the support that is right for them and the opportunity to become involved in all aspects of Lifecraft.

We'll also be celebrating our 30th birthday in 2023, so I'm sure they'll be a certain amount of reminiscing and cake eating!

**Gemma Barron, Chief Executive
Carole Morgan and Cathy Fusniak, Joint Operations Managers
and The Lifecraft Staff Team**

Charity number: 1195632



Lifecraft

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

LIFECRAFT

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2023

Trustees

Melissa Blowers	Resigned 22 November 2022
Claire Bye	
Teresa Clarke	
Katharine Collins	
Troy Cooper	Resigned 21 November 2023
Michael Hewett	
Fiona Kerr	Appointed 16 May 2023
Alexander Radford	Appointed 4 November 2022
Syed Shakir	
Brittany Thomas	Appointed 4 November 2022

Chief Executive

Gemma Barron

Charity registered number

1195632

Registered office

The Bath House
Gwydir Street
Mill Road
Cambridge
CB1 2LW

Independent Examiner

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Bankers

Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the financial statements of the Charity for the year 1 April 2022 to 31 March 2023. The Trustees confirm that the Annual Report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Lifecraft's main aim is to enable people with mental health problems to support each other and to influence the development of mental health services. Lifecraft provides social clubs, peer support groups, telephone helplines, pro-active support calls, weekly activity groups, counselling, volunteering and employment opportunities, specialist support for those bereaved by suicide and a regular e-newsletter. Lifecraft is also involved in campaigning and mental health awareness work in partnership with local organisations.

PUBLIC BENEFIT

The Board of Trustees confirm that they have complied with the general duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Compared to the previous couple of years, this was a relatively 'normal' one and allowed us to spend time making sure that the charity is fit for purpose, developing our already excellent services and introducing additional services to better support people at times when they need it. As always, our focus has firmly remained on promoting self-help for mental health and supporting local people who are struggling with their mental health.

On 1 January 2023 we formally transferred the charity's assets to the 'new' Lifecraft (Charitable Incorporated Organisation, registered charity in England and Wales Number 1195632).

Membership Services

As part of the move to becoming a Charitable Incorporated Organisation, all members wanting to remain as members of Lifecraft needed to re-register with us. We made the process as straightforward as possible and supported anyone who needed our help. The number of active members has remained steady and we continue to receive multiple new membership applications on a weekly basis.

The biggest change to our membership services was the introduction of in-person groups, activities and counselling in Ely. In total, across both locations, we hosted 279 social activities, groups and courses.

Counselling Service

We have continued to offer up to two years of counselling to our members, providing additional support alongside our groups and activities. Most sessions are delivered in-person, however, we are still able to offer online or telephone sessions where this is most beneficial. We supported 40 people during the year, which included 12 new people entering treatment and 18 people completing their treatment.

Employment and Volunteering Support

We re-established our Careers and Employment Service, which is open to anyone living in Cambridgeshire who is 18+ and is struggling to gain employment or remain in employment due to struggles with their mental health. Through 1-2-1 coaching, training and both employment and mental health support, we help people get to the point where they have the confidence to work or volunteer and have the skills and knowledge to be able to stay in the role. Our support is tailored to the needs of the individual.

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

In addition to the nine members who worked for us directly as part of our Member Employment and Volunteering Scheme, we supported nine people into work or to start a new job and one person into volunteering (37% of referrals), plus another six people to move towards their employment goals.

Helpline Services

We had another successful year of juggling commitments and conjuring workable rotas to enable Lifeline to continue to operate 12 hours a day, every day during the year. We also managed to introduce a further call-back service, supporting people who are discharged following detainment under s136 of the Mental Health Act. The number of calls taken by Lifeline increased by an astonishing 38% on the previous year, which was already a 4% increase on the year before. Including the call-back services, this was 12,383 calls made and received.

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As well as doubling our specialist emotional and practical support, we have been working to reintroduce our peer support groups and have established a new suicide bereavement counselling service that provides up to 14 sessions of free therapy. This has all been possible thanks to additional public sector contract funding. In total, we supported 110 individuals during the year.

FINANCIAL REVIEW AND RESERVES POLICY

During the prior year the Trustees of Lifecraft took the decision to set up a charitable incorporation organisation, Lifecraft CIO. All assets and liabilities were transferred to Lifecraft CIO on 1 January 2023 and these accounts represents the merger of the two organisations as a continuing entity. During the year, Charity had income of £481,949 and costs of £447,272. Closing reserves total £272,014 of which £3,242 are restricted. Of the £262,772, £60,000 have been designated in case of closure of the Charity, leaving free reserves of £202,772. The Charity targets free reserves of around six months expenditure (£225,000) and are getting closer to meeting this target.

STRUCTURE, GOVERNANCE AND MANAGEMENT

CONSTITUTION

Lifecraft was formed by a Constitution adopted on 20 June 1995 which was subsequently amended on 8 November 2002, 6 January 2006, 8 May 2006, 3 October 2008, 3 October 2014, and 14 October 2016, and was registered as a charity on 24 July 1995.

METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. The number of Trustees at any one time is always at least four.

POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

Trustees have relevant knowledge of the Charity's aims and objectives. The Constitution is provided to all trustees and efforts are made to provide up to date knowledge of the financial performance of the charity and obligations under charity law.

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

ORGANISATIONAL STRUCTURE AND DECISION MAKING

The charity has a board of trustees who meet bi-monthly to conduct formal business and are responsible for its strategic direction and policy. An operations manager is appointed by the trustees to manage the day to day operations of the charity. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their meetings. Feedback from members is encouraged including at monthly 'members meetings'.

RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that systems and procedures are in place to mitigate the charity's exposure to the major risks.

INFORMATION ON FUNDRAISING PRACTICES

The Charity does not currently rely on fundraising as a major source of income nor does it employ or engage professional fundraisers. The Charity has not otherwise received funding from, or make applications to, other trusts and foundations, nor does it receive public subsidies. This may change in future years. Should fundraising activities increase in the future, the Charity is committed to avoiding any intrusive fundraising approaches and will never apply undue pressure to donate.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare financial statements for each financial year. Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees and signed on their behalf by:

Fiona Kerr
Fiona Kerr
Trustee

Date: 16 January 2024

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**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

I report on the financial statements of the charity for the year ended 31 March 2023, which are set out on pages 5 to 16.

Respective Responsibilities of the Trustees and the Examiner

As the charity's trustees you are responsible for the preparation of the financial statements; you consider that the audit requirement of section 144(2) of the Charities Act 2011 (the Act) does not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act, whether particular matters have come to my attention.

Basis of Independent Examination

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the financial statements.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 130 of the Act: and
 - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Geoff Mann

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Date: 19 January 2024

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	2023 £	2023 £	2023 £	2022 £
INCOME FROM:					
Donations and legacies	2	22,973	3,000	25,973	21,283
Charitable activities	3	454,130	-	454,130	400,906
Other income		1,846	-	1,846	1,272
TOTAL INCOME		<u>478,949</u>	<u>3,000</u>	<u>481,949</u>	<u>423,461</u>
EXPENDITURE ON:					
Charitable activities	4	<u>430,385</u>	<u>16,887</u>	<u>447,272</u>	<u>369,312</u>
TOTAL EXPENDITURE		<u>430,385</u>	<u>16,887</u>	<u>447,272</u>	<u>369,312</u>
NET INCOME/(EXPENDITURE)		48,564	(13,887)	34,677	54,149
TRANSFER BETWEEN FUNDS	11	<u>32,327</u>	<u>(32,327)</u>	<u>-</u>	<u>-</u>
NET MOVEMENT IN FUNDS		80,891	(46,214)	34,677	54,149
RECONCILIATION OF FUNDS:					
Total funds brought forward		<u>187,881</u>	<u>49,456</u>	<u>237,337</u>	<u>183,188</u>
TOTAL FUNDS CARRIED FORWARD		<u>268,772</u>	<u>3,242</u>	<u>272,014</u>	<u>237,337</u>

The notes on pages 8 to 16 form part of these financial statements.

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**BALANCE SHEET
AS AT 31 MARCH 2023**

	Note	£	2023 £	£	2022 £
CURRENT ASSETS					
Debtors	9	3,479		73,924	
Cash at bank and in hand		<u>286,112</u>		<u>172,164</u>	
		289,591		246,088	
CREDITORS: amounts falling due within one year	10	<u>(17,577)</u>		<u>(8,751)</u>	
NET CURRENT ASSETS			<u>272,014</u>		<u>237,337</u>
NET ASSETS			<u>272,014</u>		<u>237,337</u>
CHARITY FUNDS					
Restricted funds	11	3,242		49,456	
Unrestricted funds	11	<u>268,772</u>		<u>187,881</u>	
TOTAL FUNDS			<u>272,014</u>		<u>237,337</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf, by:

Michael Hewett

Michael Hewett
Trustee

Date: 16 January 2024

The notes on pages 8 to 16 form part of these financial statements.

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

Lifecraft meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 GOING CONCERN

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made this assessment in respect of the period of at least one year from the date of approval of these financial statements. They have reviewed budgets and cash flow forecasts and have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees are of the opinion that the Charity will have sufficient resources to meet its liabilities as they fall due.

1.3 INCOME

Donation and grant income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1.5 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.6 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.7 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.8 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.9 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Grants	5,500	3,000	8,500	9,500
Other donations	17,473	-	17,473	11,783
	<u>22,973</u>	<u>3,000</u>	<u>25,973</u>	<u>21,283</u>
Total donations and legacies	<u>22,973</u>	<u>3,000</u>	<u>25,973</u>	<u>21,283</u>
Total 2022	<u>20,283</u>	<u>1,000</u>	<u>21,283</u>	

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Mental health services	454,130	-	454,130	400,906
	<u>454,130</u>	<u>-</u>	<u>454,130</u>	<u>400,906</u>
Total charitable activities	<u>454,130</u>	<u>-</u>	<u>454,130</u>	<u>400,906</u>
Total 2022	<u>377,007</u>	<u>23,899</u>	<u>400,906</u>	

SOURCES OF INCOME

	Total 2023 £	Total 2022 £
Cambridgeshire County Council	75,433	34,862
NHS Cambridgeshire and Peterborough CCG	320,792	313,144
Cambs and Peterborough Foundation Trust	57,905	41,000
Cambridge City Council	-	11,900
	<u>454,130</u>	<u>400,906</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct (Note 5) 2023 £	Support (Note 6) 2023 £	Total funds 2023 £	Total funds 2022 £
Charitable activities	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	<u>369,212</u>
	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	
Total 2022	<u>237,831</u>	<u>131,481</u>	<u>369,212</u>	

5. DIRECT COSTS

	Mental Health Services Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
Delivery costs	45,285	198	45,483	47,736
Staff costs	236,074	15,689	251,763	190,095
	<u>281,359</u>	<u>15,887</u>	<u>297,246</u>	<u>237,831</u>
Total 2022	<u>219,226</u>	<u>18,605</u>	<u>237,831</u>	

6. SUPPORT COSTS

	Mental health services Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2021 £
Office costs	25,017	-	25,017	47,683
Professional fees	6,278	-	6,278	7,304
Rent	20,420	-	20,420	17,220
Trustees expenses	50	-	50	10
Staff costs	97,261	1,000	98,261	59,264
	<u>149,026</u>	<u>1,000</u>	<u>150,026</u>	<u>131,481</u>
Total 2022	<u>124,988</u>	<u>6,493</u>	<u>131,481</u>	

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7. NET INCOME/(EXPENDITURE)

This is stated after charging:

	2023 £	2022 £
Independent examiner fees	<u>470</u>	<u>460</u>

8. STAFF COSTS

	2022 £	2021 £
Wages and salaries	324,163	227,693
Social security costs	20,506	15,913
Pension costs	5,355	5,753
	<u>350,024</u>	<u>249,359</u>

During the year, no Trustees received any remuneration (2022 - £NIL) in their capacity as Trustee. In agreement with the Charity Commission, Trustees who are also members of Lifecraft are paid for their work as employees under the permitted work rules. In this instance no remuneration was paid during the year (2022 - £NIL). The Key Management Personnel of the Charity are considered to be the Trustees and Chief Executive. Remuneration for these totalled £34,416 (2022 - £34,063).

During the year, no Trustees received any benefits in kind (2022 - £NIL).

During the year, one Trustees received reimbursement of expenses totalling £50 (2022 – £10).

The average weekly number of staff employed during the year was

	2023 No	2022 No
Project workers / Management	16	16
Members employed under the permitted work rules as part of our member employment scheme and laid out by the Benefits Agency	6	6
	<u>22</u>	<u>22</u>

9. DEBTORS

	2023 £	2022 £
Other debtors	<u>3,479</u>	<u>73,924</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	1,382	2,826
Deferred income	9,118	-
Other creditors	7,077	5,925
	<u>17,577</u>	<u>8,751</u>

Deferred income in the year related to contract income received in advance. This will be released in full in 2023-24.

11. STATEMENT OF FUNDS

CURRENT YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	30,000	-	-	-	30,000
Crisis Fund	30,000	-	-	-	30,000
General funds					
General fund	127,881	478,949	(430,385)	32,327	208,772
Total Unrestricted funds	<u>187,881</u>	<u>478,949</u>	<u>(430,385)</u>	<u>32,327</u>	<u>268,772</u>
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	(13,887)	-	-
Postvention	32,327	-	-	(32,327)	-
Other	3,242	1,000	(1,000)	-	3,242
Total Restricted funds	<u>49,456</u>	<u>3,000</u>	<u>(16,887)</u>	<u>(32,327)</u>	<u>3,242</u>
Total of Funds	<u>237,337</u>	<u>481,949</u>	<u>(447,272)</u>	<u>-</u>	<u>272,014</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

11. STATEMENT OF FUNDS (continued)

PRIOR YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	20,000	-	-	10,000	30,000
Crisis Fund	30,000	-	-	-	30,000
General funds					
General fund	83,533	398,562	(344,214)	(10,000)	127,881
Total Unrestricted funds	<u>133,533</u>	<u>398,562</u>	<u>(344,214)</u>	<u>-</u>	<u>187,881</u>
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	-	-	13,887
Postvention	30,689	23,177	(21,539)	-	32,327
Other	5,079	(278)	(1,559)	-	3,242
Total Restricted funds	<u>49,655</u>	<u>24,899</u>	<u>(25,098)</u>	<u>-</u>	<u>49,456</u>
Total of Funds	<u>183,188</u>	<u>423,461</u>	<u>(369,312)</u>	<u>-</u>	<u>237,337</u>

Designated funds**Crisis fund**

The Charity has set aside funds equivalent to approximately six months support costs (excluding staff costs) expenditure in the case of a crisis that would result in the Charity ceasing to operate. Three months is considered the time it would take to transfer its existing services to another provider. The fund does not include redundancy costs which are in a separate fund below.

Redundancy

The Charity has set aside funds to cover redundancy payments required under existing employment contracts in the event of a winding up of its activities.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

11. STATEMENT OF FUNDS (continued)

Restricted funds

Lifeline

The Charity received a restricted grant from the CPFT of £2,000 to contribute towards the running costs of Lifeline.

Employment services

The Charity previously receives a restricted grant from Cambridgeshire Community Foundation to offer employment services to its Members. This fund was fully spent in the year.

Postvention

The Charity receives restricted grants from Cambridgeshire County Council/NHS Cambs & P'Boro CCG to offer postvention services. These services are now contracted and the transfer represents the fact the fund was fully spent in the year.

Other

The Charity receives various other restricted grants from local organisations towards projects, software and governance.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Current assets	286,349	3,242	289,591
Creditors due within one year	(17,577)	-	(17,577)
	<u>268,772</u>	<u>3,242</u>	<u>272,014</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Current assets	196,632	49,456	246,088
Creditors due within one year	(8,751)	-	(8,751)
	<u>187,881</u>	<u>49,456</u>	<u>237,337</u>

13. RELATED PARTIES

There were no related party transactions in the current or prior year.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. MERGER

Lifecraft was registered with the Charity Commission as a charitable incorporated organisation on 25 August 2021, with charity number 1195632. The governing document of the Charity is its constitution. The Trustees of the predecessor charity, Lifecraft, formally resolved to approve the transfer of its assets to the Charity in December 2022. The transfer took place under a written resolution with effect from 1 January 2023. Lifecraft CIO was publicly launched at the same time and since then the Charity's finances and operations have been managed through the new Charity.

Analysis of principal SOFA components for the current reporting period

	Lifecraft (pre- merger) £	Lifecraft CIO (pre-merger) £	Charity (post merger) £	Combined total £
Total income	350,219	-	131,730	481,949
Total expenditure	(314,201)	-	(133,071)	(447,272)
Net income/(expenditure) and net movement in funds	<u>36,018</u>	<u>-</u>	<u>(1,341)</u>	<u>34,677</u>

Analysis of principal SOFA components for the previous reporting period

	Lifecraft (pre-merger) £	Lifecraft CIO (pre-merger) £	Combined total £
Total income	423,461	-	423,461
Total expenditure	(369,312)	-	(369,312)
Net income/(expenditure) and net movement in funds	<u>54,169</u>	<u>-</u>	<u>54,169</u>

Analysis of net assets at the date of merger

	Lifecraft (pre- merger) £	Lifecraft CIO (pre-merger) £	Combined total £
Net assets	264,906	-	264,906
Represented by:			
Unrestricted funds	227,888	-	227,888
Restricted funds	37,018	-	37,018
Net income/(expenditure) and net movement in funds	<u>187,881</u>	<u>-</u>	<u>187,881</u>

Charity number: 1195632



Lifecraft

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

LIFECRAFT

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LIFECRAFT

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2023

Trustees

Melissa Blowers	Resigned 22 November 2022
Claire Bye	
Teresa Clarke	
Katharine Collins	
Troy Cooper	Resigned 21 November 2023
Michael Hewett	
Fiona Kerr	Appointed 16 May 2023
Alexander Radford	Appointed 4 November 2022
Syed Shakir	
Brittany Thomas	Appointed 4 November 2022

Chief Executive

Gemma Barron

Charity registered number

1195632

Registered office

The Bath House
Gwydir Street
Mill Road
Cambridge
CB1 2LW

Independent Examiner

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Bankers

Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the financial statements of the Charity for the year 1 April 2022 to 31 March 2023. The Trustees confirm that the Annual Report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Lifecraft's main aim is to enable people with mental health problems to support each other and to influence the development of mental health services. Lifecraft provides social clubs, peer support groups, telephone helplines, pro-active support calls, weekly activity groups, counselling, volunteering and employment opportunities, specialist support for those bereaved by suicide and a regular e-newsletter. Lifecraft is also involved in campaigning and mental health awareness work in partnership with local organisations.

PUBLIC BENEFIT

The Board of Trustees confirm that they have complied with the general duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Compared to the previous couple of years, this was a relatively 'normal' one and allowed us to spend time making sure that the charity is fit for purpose, developing our already excellent services and introducing additional services to better support people at times when they need it. As always, our focus has firmly remained on promoting self-help for mental health and supporting local people who are struggling with their mental health.

On 1 January 2023 we formally transferred the charity's assets to the 'new' Lifecraft (Charitable Incorporated Organisation, registered charity in England and Wales Number 1195632).

Membership Services

As part of the move to becoming a Charitable Incorporated Organisation, all members wanting to remain as members of Lifecraft needed to re-register with us. We made the process as straightforward as possible and supported anyone who needed our help. The number of active members has remained steady and we continue to receive multiple new membership applications on a weekly basis.

The biggest change to our membership services was the introduction of in-person groups, activities and counselling in Ely. In total, across both locations, we hosted 279 social activities, groups and courses.

Counselling Service

We have continued to offer up to two years of counselling to our members, providing additional support alongside our groups and activities. Most sessions are delivered in-person, however, we are still able to offer online or telephone sessions where this is most beneficial. We supported 40 people during the year, which included 12 new people entering treatment and 18 people completing their treatment.

Employment and Volunteering Support

We re-established our Careers and Employment Service, which is open to anyone living in Cambridgeshire who is 18+ and is struggling to gain employment or remain in employment due to struggles with their mental health. Through 1-2-1 coaching, training and both employment and mental health support, we help people get to the point where they have the confidence to work or volunteer and have the skills and knowledge to be able to stay in the role. Our support is tailored to the needs of the individual.

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

In addition to the nine members who worked for us directly as part of our Member Employment and Volunteering Scheme, we supported nine people into work or to start a new job and one person into volunteering (37% of referrals), plus another six people to move towards their employment goals.

Helpline Services

We had another successful year of juggling commitments and conjuring workable rotas to enable Lifeline to continue to operate 12 hours a day, every day during the year. We also managed to introduce a further call-back service, supporting people who are discharged following detainment under s136 of the Mental Health Act. The number of calls taken by Lifeline increased by an astonishing 38% on the previous year, which was already a 4% increase on the year before. Including the call-back services, this was 12,383 calls made and received.

Suicide Bereavement Support Service

Our suicide bereavement services have grown significantly over the past year, meaning that we've been able to increase the amount and type of support available to those bereaved by suspected suicide. We are now supporting more people and supporting them for longer, which has been important because the time between the death and the inquest has become longer.

As well as doubling our specialist emotional and practical support, we have been working to reintroduce our peer support groups and have established a new suicide bereavement counselling service that provides up to 14 sessions of free therapy. This has all been possible thanks to additional public sector contract funding. In total, we supported 110 individuals during the year.

FINANCIAL REVIEW AND RESERVES POLICY

During the prior year the Trustees of Lifecraft took the decision to set up a charitable incorporation organisation, Lifecraft CIO. All assets and liabilities were transferred to Lifecraft CIO on 1 January 2023 and these accounts represents the merger of the two organisations as a continuing entity. During the year, Charity had income of £481,949 and costs of £447,272. Closing reserves total £272,014 of which £3,242 are restricted. Of the £262,772, £60,000 have been designated in case of closure of the Charity, leaving free reserves of £202,772. The Charity targets free reserves of around six months expenditure (£225,000) and are getting closer to meeting this target.

STRUCTURE, GOVERNANCE AND MANAGEMENT

CONSTITUTION

Lifecraft was formed by a Constitution adopted on 20 June 1995 which was subsequently amended on 8 November 2002, 6 January 2006, 8 May 2006, 3 October 2008, 3 October 2014, and 14 October 2016, and was registered as a charity on 24 July 1995.

METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. The number of Trustees at any one time is always at least four.

POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

Trustees have relevant knowledge of the Charity's aims and objectives. The Constitution is provided to all trustees and efforts are made to provide up to date knowledge of the financial performance of the charity and obligations under charity law.

LIFECRAFT

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

ORGANISATIONAL STRUCTURE AND DECISION MAKING

The charity has a board of trustees who meet bi-monthly to conduct formal business and are responsible for its strategic direction and policy. An operations manager is appointed by the trustees to manage the day to day operations of the charity. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their meetings. Feedback from members is encouraged including at monthly 'members meetings'.

RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that systems and procedures are in place to mitigate the charity's exposure to the major risks.

INFORMATION ON FUNDRAISING PRACTICES

The Charity does not currently rely on fundraising as a major source of income nor does it employ or engage professional fundraisers. The Charity has not otherwise received funding from, or make applications to, other trusts and foundations, nor does it receive public subsidies. This may change in future years. Should fundraising activities increase in the future, the Charity is committed to avoiding any intrusive fundraising approaches and will never apply undue pressure to donate.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare financial statements for each financial year. Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees and signed on their behalf by:

Fiona Kerr
Fiona Kerr
Trustee

Date: 16 January 2024

LIFECRAFT

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

I report on the financial statements of the charity for the year ended 31 March 2023, which are set out on pages 5 to 16.

Respective Responsibilities of the Trustees and the Examiner

As the charity's trustees you are responsible for the preparation of the financial statements; you consider that the audit requirement of section 144(2) of the Charities Act 2011 (the Act) does not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 145(5)(b) of the Act, whether particular matters have come to my attention.

Basis of Independent Examination

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the financial statements.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 130 of the Act: and
 - to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Geoff Mann

Geoff Mann FCIE
Geoff Mann Limited
Dee House
Highworth Avenue
Cambridge
CB4 2BQ

Date: 19 January 2024

LIFECRAFT

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	2023 £	2023 £	2023 £	2022 £
INCOME FROM:					
Donations and legacies	2	22,973	3,000	25,973	21,283
Charitable activities	3	454,130	-	454,130	400,906
Other income		1,846	-	1,846	1,272
TOTAL INCOME		<u>478,949</u>	<u>3,000</u>	<u>481,949</u>	<u>423,461</u>
EXPENDITURE ON:					
Charitable activities	4	<u>430,385</u>	<u>16,887</u>	<u>447,272</u>	<u>369,312</u>
TOTAL EXPENDITURE		<u>430,385</u>	<u>16,887</u>	<u>447,272</u>	<u>369,312</u>
NET INCOME/(EXPENDITURE)		48,564	(13,887)	34,677	54,149
TRANSFER BETWEEN FUNDS	11	<u>32,327</u>	<u>(32,327)</u>	<u>-</u>	<u>-</u>
NET MOVEMENT IN FUNDS		80,891	(46,214)	34,677	54,149
RECONCILIATION OF FUNDS:					
Total funds brought forward		<u>187,881</u>	<u>49,456</u>	<u>237,337</u>	<u>183,188</u>
TOTAL FUNDS CARRIED FORWARD		<u>268,772</u>	<u>3,242</u>	<u>272,014</u>	<u>237,337</u>

The notes on pages 8 to 16 form part of these financial statements.

LIFECRAFT

**BALANCE SHEET
AS AT 31 MARCH 2023**

	Note	£	2023 £	£	2022 £
CURRENT ASSETS					
Debtors	9	3,479		73,924	
Cash at bank and in hand		<u>286,112</u>		<u>172,164</u>	
		289,591		246,088	
CREDITORS: amounts falling due within one year	10	<u>(17,577)</u>		<u>(8,751)</u>	
NET CURRENT ASSETS			<u>272,014</u>		<u>237,337</u>
NET ASSETS			<u>272,014</u>		<u>237,337</u>
CHARITY FUNDS					
Restricted funds	11	3,242		49,456	
Unrestricted funds	11	<u>268,772</u>		<u>187,881</u>	
TOTAL FUNDS			<u>272,014</u>		<u>237,337</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf, by:

Michael Hewett

Michael Hewett
Trustee

Date: 16 January 2024

The notes on pages 8 to 16 form part of these financial statements.

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition – October 2019 effective 1 January 2019).

Lifecraft meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 GOING CONCERN

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made this assessment in respect of the period of at least one year from the date of approval of these financial statements. They have reviewed budgets and cash flow forecasts and have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees are of the opinion that the Charity will have sufficient resources to meet its liabilities as they fall due.

1.3 INCOME

Donation and grant income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1.5 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.6 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.7 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.8 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.9 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Grants	5,500	3,000	8,500	9,500
Other donations	17,473	-	17,473	11,783
	<u>22,973</u>	<u>3,000</u>	<u>25,973</u>	<u>21,283</u>
Total donations and legacies	<u>22,973</u>	<u>3,000</u>	<u>25,973</u>	<u>21,283</u>
Total 2022	<u>20,283</u>	<u>1,000</u>	<u>21,283</u>	

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Mental health services	454,130	-	454,130	400,906
	<u>454,130</u>	<u>-</u>	<u>454,130</u>	<u>400,906</u>
Total charitable activities	<u>454,130</u>	<u>-</u>	<u>454,130</u>	<u>400,906</u>
Total 2022	<u>377,007</u>	<u>23,899</u>	<u>400,906</u>	

SOURCES OF INCOME

	Total 2023 £	Total 2022 £
Cambridgeshire County Council	75,433	34,862
NHS Cambridgeshire and Peterborough CCG	320,792	313,144
Cambs and Peterborough Foundation Trust	57,905	41,000
Cambridge City Council	-	11,900
	<u>454,130</u>	<u>400,906</u>

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

4. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct (Note 5) 2023 £	Support (Note 6) 2023 £	Total funds 2023 £	Total funds 2022 £
Charitable activities	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	<u>369,212</u>
	<u>297,246</u>	<u>150,026</u>	<u>447,272</u>	
Total 2022	<u>237,831</u>	<u>131,481</u>	<u>369,212</u>	

5. DIRECT COSTS

	Mental Health Services Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
Delivery costs	45,285	198	45,483	47,736
Staff costs	236,074	15,689	251,763	190,095
	<u>281,359</u>	<u>15,887</u>	<u>297,246</u>	<u>237,831</u>
Total 2022	<u>219,226</u>	<u>18,605</u>	<u>237,831</u>	

6. SUPPORT COSTS

	Mental health services Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2021 £
Office costs	25,017	-	25,017	47,683
Professional fees	6,278	-	6,278	7,304
Rent	20,420	-	20,420	17,220
Trustees expenses	50	-	50	10
Staff costs	97,261	1,000	98,261	59,264
	<u>149,026</u>	<u>1,000</u>	<u>150,026</u>	<u>131,481</u>
Total 2022	<u>124,988</u>	<u>6,493</u>	<u>131,481</u>	

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7. NET INCOME/(EXPENDITURE)

This is stated after charging:

	2023 £	2022 £
Independent examiner fees	<u>470</u>	<u>460</u>

8. STAFF COSTS

	2022 £	2021 £
Wages and salaries	324,163	227,693
Social security costs	20,506	15,913
Pension costs	5,355	5,753
	<u>350,024</u>	<u>249,359</u>

During the year, no Trustees received any remuneration (2022 - £NIL) in their capacity as Trustee. In agreement with the Charity Commission, Trustees who are also members of Lifecraft are paid for their work as employees under the permitted work rules. In this instance no remuneration was paid during the year (2022 - £NIL). The Key Management Personnel of the Charity are considered to be the Trustees and Chief Executive. Remuneration for these totalled £34,416 (2022 - £34,063).

During the year, no Trustees received any benefits in kind (2022 - £NIL).
During the year, one Trustees received reimbursement of expenses totalling £50 (2022 – £10).

The average weekly number of staff employed during the year was

	2023 No	2022 No
Project workers / Management	16	16
Members employed under the permitted work rules as part of our member employment scheme and laid out by the Benefits Agency	6	6
	<u>22</u>	<u>22</u>

9. DEBTORS

	2023 £	2022 £
Other debtors	<u>3,479</u>	<u>73,924</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	1,382	2,826
Deferred income	9,118	-
Other creditors	7,077	5,925
	<u>17,577</u>	<u>8,751</u>

Deferred income in the year related to contract income received in advance. This will be released in full in 2023-24.

11. STATEMENT OF FUNDS

CURRENT YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	30,000	-	-	-	30,000
Crisis Fund	30,000	-	-	-	30,000
General funds					
General fund	127,881	478,949	(430,385)	32,327	208,772
Total Unrestricted funds	<u>187,881</u>	<u>478,949</u>	<u>(430,385)</u>	<u>32,327</u>	<u>268,772</u>
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	(13,887)	-	-
Postvention	32,327	-	-	(32,327)	-
Other	3,242	1,000	(1,000)	-	3,242
Total Restricted funds	<u>49,456</u>	<u>3,000</u>	<u>(16,887)</u>	<u>(32,327)</u>	<u>3,242</u>
Total of Funds	<u>237,337</u>	<u>481,949</u>	<u>(447,272)</u>	<u>-</u>	<u>272,014</u>

LIFECRAFT

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

11. STATEMENT OF FUNDS (continued)

PRIOR YEAR	Brought forward £	Incoming resources £	Resources expended £	Transfers in/(out) £	Carried forward £
Designated funds					
Redundancy	20,000	-	-	10,000	30,000
Crisis Fund	30,000	-	-	-	30,000
General funds					
General fund	83,533	398,562	(344,214)	(10,000)	127,881
Total Unrestricted funds	<u>133,533</u>	<u>398,562</u>	<u>(344,214)</u>	<u>-</u>	<u>187,881</u>
Restricted funds					
Lifeline	-	2,000	(2,000)	-	-
Employment services	13,887	-	-	-	13,887
Postvention	30,689	23,177	(21,539)	-	32,327
Other	5,079	(278)	(1,559)	-	3,242
Total Restricted funds	<u>49,655</u>	<u>24,899</u>	<u>(25,098)</u>	<u>-</u>	<u>49,456</u>
Total of Funds	<u>183,188</u>	<u>423,461</u>	<u>(369,312)</u>	<u>-</u>	<u>237,337</u>

Designated funds**Crisis fund**

The Charity has set aside funds equivalent to approximately six months support costs (excluding staff costs) expenditure in the case of a crisis that would result in the Charity ceasing to operate. Three months is considered the time it would take to transfer its existing services to another provider. The fund does not include redundancy costs which are in a separate fund below.

Redundancy

The Charity has set aside funds to cover redundancy payments required under existing employment contracts in the event of a winding up of its activities.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

11. STATEMENT OF FUNDS (continued)

Restricted funds

Lifeline

The Charity received a restricted grant from the CPFT of £2,000 to contribute towards the running costs of Lifeline.

Employment services

The Charity previously receives a restricted grant from Cambridgeshire Community Foundation to offer employment services to its Members. This fund was fully spent in the year.

Postvention

The Charity receives restricted grants from Cambridgeshire County Council/NHS Cambs & P'Boro CCG to offer postvention services. These services are now contracted and the transfer represents the fact the fund was fully spent in the year.

Other

The Charity receives various other restricted grants from local organisations towards projects, software and governance.

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Current assets	286,349	3,242	289,591
Creditors due within one year	(17,577)	-	(17,577)
	<u>268,772</u>	<u>3,242</u>	<u>272,014</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Current assets	196,632	49,456	246,088
Creditors due within one year	(8,751)	-	(8,751)
	<u>187,881</u>	<u>49,456</u>	<u>237,337</u>

13. RELATED PARTIES

There were no related party transactions in the current or prior year.

LIFECRAFT

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. MERGER

Lifecraft was registered with the Charity Commission as a charitable incorporated organisation on 25 August 2021, with charity number 1195632. The governing document of the Charity is its constitution. The Trustees of the predecessor charity, Lifecraft, formally resolved to approve the transfer of its assets to the Charity in December 2022. The transfer took place under a written resolution with effect from 1 January 2023. Lifecraft CIO was publicly launched at the same time and since then the Charity's finances and operations have been managed through the new Charity.

Analysis of principal SOFA components for the current reporting period

	Lifecraft (pre- merger) £	Lifecraft CIO (pre-merger) £	Charity (post merger) £	Combined total £
Total income	350,219	-	131,730	481,949
Total expenditure	(314,201)	-	(133,071)	(447,272)
Net income/(expenditure) and net movement in funds	<u>36,018</u>	<u>-</u>	<u>(1,341)</u>	<u>34,677</u>

Analysis of principal SOFA components for the previous reporting period

	Lifecraft (pre-merger) £	Lifecraft CIO (pre-merger) £	Combined total £
Total income	423,461	-	423,461
Total expenditure	(369,312)	-	(369,312)
Net income/(expenditure) and net movement in funds	<u>54,169</u>	<u>-</u>	<u>54,169</u>

Analysis of net assets at the date of merger

	Lifecraft (pre- merger) £	Lifecraft CIO (pre-merger) £	Combined total £
Net assets	264,906	-	264,906
Represented by:			
Unrestricted funds	227,888	-	227,888
Restricted funds	37,018	-	37,018
Net income/(expenditure) and net movement in funds	<u>187,881</u>	<u>-</u>	<u>187,881</u>